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Essay # 1

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A Healthy Eating Program

A lot of people in this world are seeking wealth. They spend hours working every day; commit themselves to their work, aiming for promotions and pay. The entrepreneurs and business people have the common objective of earning more money, always thinking of how to earn more money. No doubt money is important, but your health is more important. Your ability to work, waking up early in the morning, and maintaining the drive to work is all due to your good health. The most important thing for healthy living is healthy eating.

Healthy foods supply nutrients, balanced eating habits provide nutrients to your body. Nutrients give you energy and keep your heart beating. Your brain will be active and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons. In addition, use moderation as your guide for everything, including the calories you eat each day, your exercise and other activities, your desserts, and even your restrictions. Moderation lets you eat all foods that your body needs. For healthy meals you need to balance your diet, which helps ensure that you get all the nutrients you need. Also, eat a wide variety of foods.

Healthy eating can lower your risk for disease. Healthy foods can help you prevent and treat disease. Eating more fruits and vegetable as part of a heart healthy diet can help lower blood pressure. Eating more fruits and vegetable and less saturated fat may lower your risk for cancer and heart disease. Also, your body needs a lot of calcium and vitamin D for strong bones. Vitamin C can protect your body against the flu. Try not to drink caffeine because it can affect your sleep.

Healthy eating can help you manage certain diseases. If you have diabetes, healthy eating can help you control your blood sugar and prevent or reduce complications of diabetes. You may be able to lower your cholesterol by eating foods low in saturated and trans fats. Watching your diet is a good way to lower your blood pressure. In Sedate Magazine the writer Abber Albaker said “Eating eight to ten servings of fruits and vegetables and Eating three servings of low-fat dairy product each day”.

Healthy foods play major roles in the structure and function of your body. What you eat affect your health. When you do not watch your diet, your health faces problems. Good health enables you to perform the daily functions of life. Also, it makes you able to achieve your goals and enjoy life.